SOURCES AND HEALTH BENEFITS

Om Krishna Uprety

VITAMIN K2

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Introduction

Fat-soluble vitamin such as vitamin A, D, E, and K is vital for the optimum functioning of the human body. Due to the ability to be soluble in the fat, its toxicity also tends to stay longer than water-soluble vitamins. The chronic deficiency of the vitamins can cause series of noisome effect in human health. These necessitate adequate understanding on the health benefits of nutrients and their potential sources.

The various diet we consume on the daily basis like the Egg, Meat, Butter, and various fermented product has the adequate amount of the vitamin K2. Due to this, it is not always the wise decision to include the supplement of the vitamin K2 in the daily basis.

Vitamin K2 is naturally produced by the gut flora thieving on the intestine. Further, the food intake on the daily basis has the adequate level of the vitamin K2 due to this consumption of K2 supplement cannot be justified.

Vitamin k is vital for the synthesis of the blood collating protein by the human liver.

The beneficial effect of the vitamin K2 intake such as demise in the kidney stone, preventing cancer occurrence, prevention of the osteoporosis is rapidly accelerating the popularity of the Vitamin K2. This is the prime reason for the surge in the interest of the vitamin K2.

Despite the immense significance to the human health. Vitamin K2 has not been approved by concerned authority for the possible treatment of disease like osteoporosis and others.

Vitamin K1 and K2 Difference

Vitamin K occurs in two forms they are Vitamin K1 and Vitamin K2. Vitamin K1 is also called Phylloquinone and vitamin K2 is also known as Menaquinone. The primary source of the vitamin K1 is the plant products such as green leafy vegetables and the source of Vitamin K2 is predominately Animal products.

The Menaquinone or vitamin K2 is the holistic term used to denote nine compounds such as MK-4, MK-7, MK-8, and MK-9 and others with different length. Among them, M K-4 is considered to have potent nutrition value.

Sources

Different food sources available contain the different proportion of the compounds such as Mk-4. MK-5, MK-6, MK-7, MK-8, and MK-9.

Non Vegetarian

The fermented products and liver of various animal species are the prime source of the vitamin K2, Chicken, Salmon, Rabbit leg, Cow Liver, Australian Emu oil are lush in the vitamin K2.

Vegetarian

Egg, Fermented Soybeans, cheese, Butter, curd Cheese, and Chocolate are the common sources of Vitamin K2 for Vegetarian.

Dosage

The daily value of the vitamin K2 is highly debated. The Daily recommended doses of the vitamin K2 preferably MK-4 to be 80-mcg for the mature individuals.

Precaution

The vitamin K2 research and development is the rudimental phase. These necessitate precaution before relying intensively on the vitamin supplement for the beneficial effect on the human health. Anyone with the serious ailments and wishing the include the supplement in the daily basis need to consult the nutritionist.

Our ancestors used to consume food available in the surrounding and use to live the healthy life. This justifies why the vitamin K2 supplement intake is optional.

Health Benefits of Vitamin K2

1. Calcium

Intake of the Vitamin K2 is vital for the absorption of the calcium in the human body. This is due to the beneficial effect of the keeping calcium in the bone and removing out from the arteries.

This beneficial effect of the vitamin K2 produces the several goodness on the human health.

2. Diabetes

The intake of the vitamin K2 is claimed to demise the metabolism of the glucose leading to the insulin sensitivity in the human body. This is beneficial for the one suffering from diabetes.

Diabetes is the metabolic disorder marked by the inability of the body to metabolize the glucose in the human body.

3. Heart Disease

The intake of the vitamin K2 is claimed to manage the calcium in the blood thus preventing the calcium accumulation of the artery. This is technically referred to as the arterial calcification.

This is vital for the normal functioning of the heart. As it facilitates the smooth circulation of the blood in the human body.

4. Hair Loss

Intake of the diet lush with the vitamin K2 is claimed to produce the beneficial effect in preventing the hair loss.

Although the intake of vitamin K2 supplement and the hair loss is highly debated topics. As hair fall is trigger by the number of factors of which some cannot be checked.

5. High Blood Pressure

Intake of the vitamin K2 is claimed to demise the high blood pressure in the human body. This is due to facilitation of the smooth supply of blood by the consumption of the vitamin K2.

An adequate level of blood pressure is vital for the prevention of the high blood pressure.

6. Iron

Anemia which is caused by the deficiency of the iron is often considered as the trigger by series of factors.

This is sometimes associated with the deficiency of the vitamin K2 in the diet.

7. Fertility

Intake of the vitamin K2 is claimed to boost the fertility, especially in the male.

8. Inflammation

Intake of the vitamin K2 especially the MK-4 is claimed to demise the occurrence of the inflammation in the human body.

Inflammation in the human body is causative factors for the development of various ailments in the human body.

Often the chronic inflammation is believed to trigger several diseases like cancer, arthritis, etc.

9. Cancer

Vitamin K2 is claimed to have the anti cancerous effect. This is beneficial in the prevention of cancer accruing in the stomach, liver, prostate, colon and various part of the human body.

Cancer is marked by the uncontrolled growth of the cell and the intake of the certain food demise the occurrence of cancer in the human body.

10. Joint Pain

The anti-inflammatory property of the vitamin K2 is claimed to be beneficial in soothing the joint pain occurrence.

11. Jaw

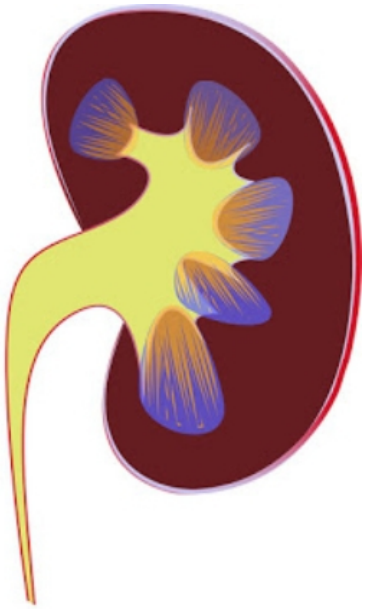
Consumption of the Vitamin K2 is claimed to widen the teeth, jaws, and cheekbone. Thus its consumption claims to induce bigger jaw.

Although the relationship between Vitamin K2 intake and healthy teeth and jaw is highly debated topics.

12. Kidney Stone

Intake of the Vitamin K2 is claimed to inhibit the calcium oxalate crystals resulting demise in the formation of the kidney stone. The deposition of the calcium oxalate in the human body is often considered as the triggering factors for the kidney stone. This can be considered as the grave significance of the consumption of the vitamin K2.

The chronic deficiency of the vitamin K2 in the diet is often considered as the causative factors for the occurrence of the kidney stone.



13. Leukemia

The massive production of the white blood cell is often known as leukemia. Intake of the vitamin K2 is claimed to produce the beneficial effect on the one suffering from leukemia.

14. Menopause

Intake of the vitamin K2 is claimed to produces series of the beneficial effect on the women suffering from the menopause. This

is due to the goodness of the soothing the mood swings upon the consumption of the vitamin K2.

15. Mitochondria

The beneficial effect of the vitamin K2 helps in the transfer of the electron in the mitochondria.

This peculiar effect is of great use in the treatment of various neurological disorders.

16. Osteoporosis

The intake of the vitamin K2 is claimed to produces the helpful effect in mentioning the bone mineral density. This is beneficial in the prevention of the osteoporotic fractures, which is related to the osteoporosis.

17. Jaundice

Chronic deficiency of the vitamin K2 can leads to the formation of obstructive jaundice, which is marked by the abstraction in the flow of the bile.

This is the prime reason for the requirement of vitamin K2 to combat the jaundice occurrence.

18. Pregnancy

The intake of the vitamin K2 during the pregnancy is claimed to demise the chances of the cranial defects during the pregnancy. This required consumption of the food lush with the vitamin K2 in the human body.

19. Skin

Intake of the vitamin K2 is claimed to produce the beneficial effect in obtaining smooth and shiny skin.

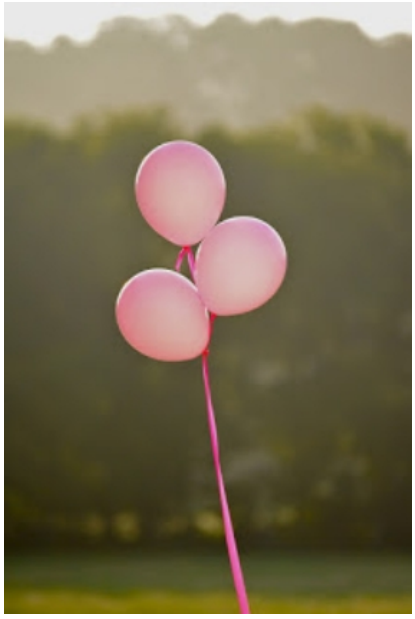
The beneficial effect of the smooth supply of the blood followed by the prevention of the wrinkles produces the helpful effect in obtaining the charming skin.

20. Spider Veins

Thin, small veins underneath the surface of the skin in the human body is referred to as the spider veins. The goodness of the potent anti blood clotting mechanism innate in the vitamin K2 is claimed to produce the beneficial effect in the demise in the occurrence of the spider veins.

21. Stroke

The intake of the vitamin K2 in the daily basis is claimed to demise the occurrence of the stroke in the human body.



22. Testosterone

Intake of the K2 is found to boost the testosterone level in the blood. Testosterone being male sex hormone is claimed to induce beneficial effect to in the mentioning of robust muscle, Bone density, libido and other helpful effects.

23. Varicose Vein

The intake of the vitamin K2 is claimed to induce the beneficial effect in soothing the varicose vein. This is due to the goodness of the ability to regulate the smooth flow of the blood.

24. Acne

Intake of the vitamin K2 is claimed to demise in the occurrence of the acne in several individuals. This beneficial effect is due to the anti-inflammatory property of the vitamin k2.

25. Healthy Bone

The helpful effect of the vitamin K2 in the human body induces the healthy bone upon consumption on the daily basis. This is due to the facilitation of the calcium metabolism in the human body.

It is highly recommended to consume the food lush with the goodness of the vitamin K2.

26. Alzheimer's Disease

The intake of the food high in the vitamin K is claimed to demise the occurrence of the Alzheimer's disease.

27. Clotting

Vitamin k is vital for the clotting of the blood. This is helpful for the prevention of the bleeding and efficient healing of the wound.

28. Teeth

The intake of the vitamin K2 is associated with healthy dental health.

Side Effects

1. Interaction With The Medication

The vitamin K2 can interfere with the medication especially the anticoagulants.

2. Gout

The intake of the high doses of the vitamin K2 is claimed to produce the gout occurrence. Gout is due to the inadequate metabolism of the uric acid resulting in pain and inflammation in the joints.

3. Liver

Consuming high doses of vitamin K2 supplement is claimed to produce the adverse effect in the liver.

The relationship between liver disease and the intake of the vitamin K2 is highly debated topics. More research is needed to ascertain the belief.

Declaimer

Information given here is for information purpose only. Knowledge presented here cannot be used as the alternative of advice by the trained medical personal. Anyone with the serious ailments needs to consult the physicians. Author and publisher are not liable for error.

Thank you for downloading and reading E Book on Vitamin K2.